

UHS October 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Breakfast Alternate Choices;</i> <i>Cereal</i> <i>Toast</i> <i>Muffin</i> <i>String cheese</i> <i>Yogurt</i> <i>Uncrustable</i></p>	<p>1 Salisbury Steak w/2 tea roll Choice: Popcorn Chicken w/1 tea roll Mashed Potatoes w/gravy Blueberries</p> <p><i>Breakfast bar, toast, & fruit/juice</i></p>	<p>2 Beef & Bean Nacho's Choice: Soft Shell taco Corn Peaches</p> <p><i>Pancakes & Fruit/juice</i></p>	<p>3 Fish Nuggets w/tea roll Choice: Deli Ham/cheese on bun Baked Beans Sweet potato fries Grapes Chocolate chip cookie</p> <p><i>Egg Omelet, Toast, & Fruit/Juice</i></p>	<p>4 Spaghetti w/meat sauce & garlic breadstick Choice: Cheese filled Breadstick Mixed Veggies Pears</p> <p><i>Mini Cinnis & Fruit/Juice</i></p>
<p>7 Pulled Pork on bun Choice: Cowboy burger on bun Baked beans Coleslaw Pineapple</p> <p><i>Egg Patty/cheese on biscuit, & fruit/juice</i></p>	<p>8 Mandarin Orange Chicken on rice Choice: Chicken Nuggets Green Beans Mandarin oranges Egg Roll</p> <p><i>Breakfast bar, toast, & fruit/juice</i></p>	<p>9 Chicken/cheese Fajita w/tortilla Choice: Soft Shell Taco Mexican Corn(Baja) Peppers& Onions Peaches</p> <p><i>French toast & Fruit/juice</i></p>	<p>10 Chicken Drumstick w/tea roll Choice: Deli Turkey/cheese on bun Mashed Potatoes w/gravy Melon</p> <p><i>Breakfast pizza, & Fruit/Juice</i></p>	<p>11 Iowa Local Food Day! Loose meat Hamburger on Bun (Local Beef from Farmin' with Mark) Roasted butternut squash (Local Iowa growers) Apple slices (Local from Beck Orchard)</p> <p><i>Yogurt Parfait & Fruit/Juice</i></p>
<p>14 Hot Dog on bun Choice: Cheeseburger on bun Sweet potato crosstrax Sauerkraut Mandarin oranges</p> <p><i>Sausage biscuit & Fruit/Juice</i></p>	<p>15 Pork Chop Patty Choice: Popcorn Chicken Mashed Potato w/gravy Rosy Applesauce Tea Roll</p> <p><i>Breakfast Bar, Toast, & Fruit/Juice</i></p>	<p>16 Walking taco Choice: Soft Shell Taco Refried Beans Corn Pears</p> <p><i>Pancakes & Fruit/Juice</i></p>	<p>17 Cheese Pizza Choice: Deli Ham/cheese on bun Cooked Carrots Grapes</p> <p><i>Egg Wrap & Fruit/Juice</i></p>	<p>18 Mexican Pasta w/garlic breadstick Choice: Cheese filled Breadstick Peas Peaches</p> <p><i>Mini donuts & Fruit/Juice</i></p>
<p>21 BBQ Pork Rib on bun Choice: Hamburger on bun Baked Beans Baked French Fries Pears</p> <p><i>Sausage Pancake Stick & Fruit/Juice</i></p>	<p>22 2:25 Dismissal Sweet Thai Chicken on rice Choice: Chicken nuggets Asian Veggies Mandarin Oranges Egg Roll</p> <p><i>Breakfast Bar, Toast, & Fruit/Juice</i></p>	<p>23 Queso Blanco cheese on tortilla chips Choice: Soft Shell Taco Black Bean Salsa Corn Apple slices</p> <p><i>French Toast & Fruit/Juice</i></p>	<p>24 2:25 Dismissal Pepperoni Pizza Choice: Deli Turkey/cheese on bun Green beans Side Kick Fruit Juice</p> <p><i>Egg/Cheese Omelet, toast, & Fruit/Juice</i></p>	<p>25 No School</p>
<p>28 Corndog Choice: Cowboy burger on bun Broccoli w/cheese Peaches</p> <p><i>Egg Patty/cheese on biscuit & Fruit/Juice</i></p>	<p>29 Macaroni & Cheese Choice: Popcorn Chicken Peas Blueberries Cinnamon roll(2ct)</p> <p><i>Breakfast Bar, Toast, & Fruit/Juice</i></p>	<p>30 Chicken Quesadilla Choice: Soft Shell Taco Corn Strawberries</p> <p><i>Pancakes & Fruit/Juice</i></p>	<p>31 Chicken fillet on Ciabatta bun Choice: Deli Ham/cheese on bun Baked Beans Potato Tots Orange Applesauce</p> <p><i>Breakfast pizza & Fruit/Juice</i></p>	

Menu is subject to change without notice.
Lunch is in plain type. Breakfast is in *italic*.
Milk served with all meals
USDA is an equal opportunity provider and employer

UMS has alternate deli meat, cheese, & grain offered at lunch.
UHS has alternate deli meat, cheese & grain, hamburger on bun or yogurt parfait offered at lunch.
All buildings Veg/Fruit bar offered at lunch daily-lettuce, tomato, carrots, a 2nd fruit & fresh vegetable.